

# #123<sup>rd</sup> Marketing Club

30<sup>th</sup> Jeddah 83<sup>rd</sup> Business Club

## How to learn any Skills?

Tuesday 2-1-2024

**8 PM** EGY **9 PM** KSA **10PM** UAE

FOUNDER & HOST

Dr.Mahmoud Bahgat



INSTRUCTOR

**Dr. Sameh Gamal**

Community Pharmacist & Trainer

## About the Lecturer



*Sameh Gamal Daboun*



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+966 53 765 0358

Graduated from Pharmacy College at Alexandria University in 2007, Over the past 15 years, I have had the privilege of working in pharmacy retail operations. In addition to my extensive experience in the pharmaceutical industry, I have dedicated the past 10 years to learning and development. I have delved into the fascinating world of instructional design, understanding the neuroscience of learning, and exploring innovative approaches such as gamification of learning. These endeavors have equipped me with the ability to design and implement effective training programs that engage learners and drive organizational growth. Throughout my journey, I have been fortunate to witness the transformative power of learning and development in both individuals and organizations. I firmly believe that investing in continuous learning is the key to personal and professional growth. I am deeply committed to leveraging my skills and knowledge to create impactful learning experiences that empower individuals and contribute to the success of the organizations I work with. I am excited about the opportunity to collaborate, learn, and grow together. Thank you for your time, and I look forward to connecting with you all soon."

# About the Lecturer



Sameh Gamal Daboun



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Some of Professional Development Certificates

# Learning to Learn

Unleash Potential to Develop



Sameh Gamal

# Learning How to Learn: Powerful mental tools to help you master tough subjects



**Completed by Sameh Gamal**  
January 24, 2016  
15 hours (approximately)  
Grade Achieved: 97.03%

Sameh Gamal's account is verified. Coursera certifies their successful completion of [Learning How to Learn: Powerful mental tools to help you master tough subjects](#)



**Learning How to Learn: Powerful mental tools to help you master tough subjects**  
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- Learning To Learn
- Pomodoro Technique
- Meta Learning



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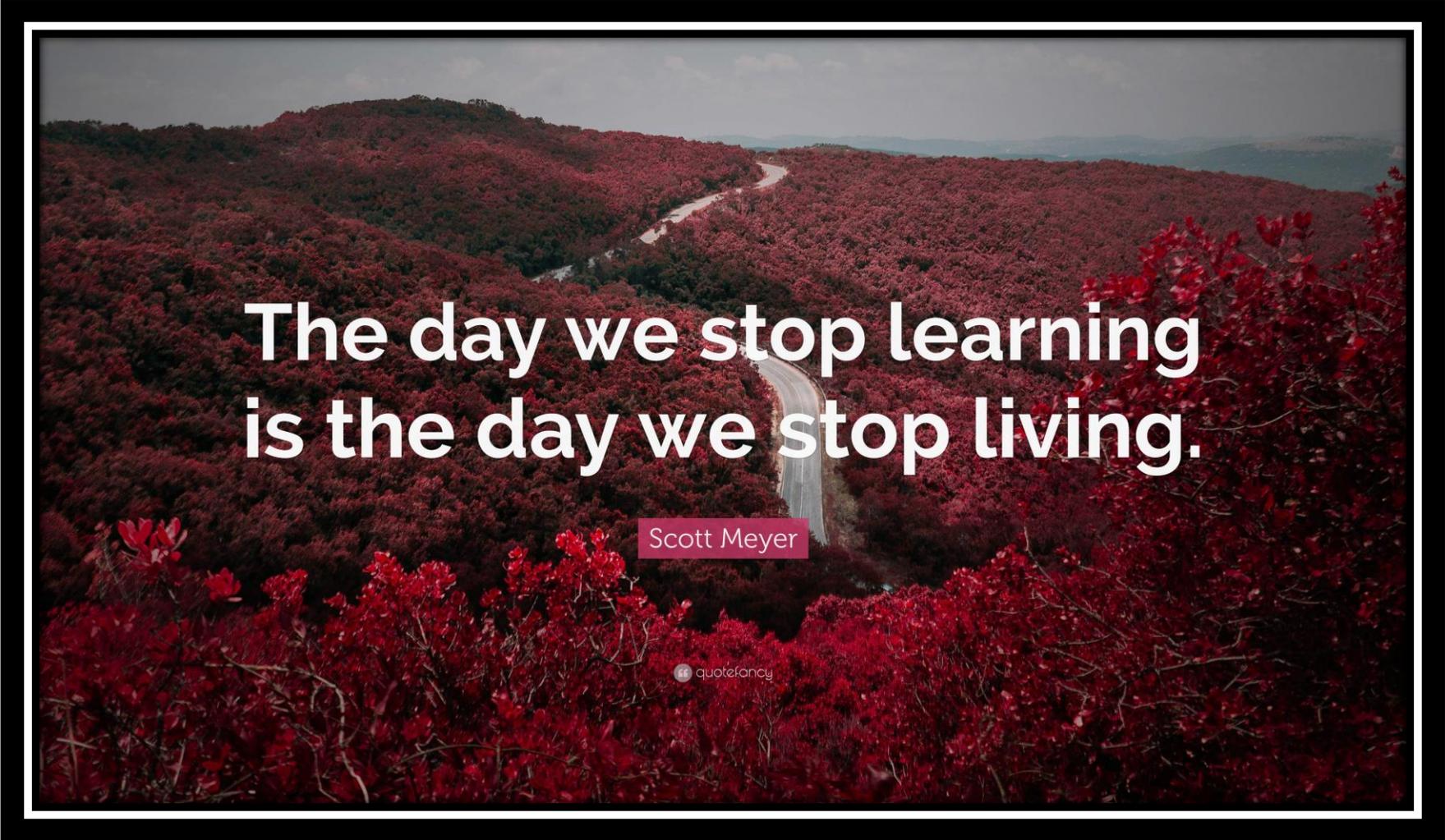


# Learning to Learn

Unleash Potential to Develop any Skill

Sameh Gamal





**The day we stop learning  
is the day we stop living.**

Scott Meyer

quotefancy

# Learning Objectives



## Introduction to Learning Science

Overview of learning science and its significance



## Memory Types & Secrets

Techniques to improve memory retention & recall



## Learning Difficulties

Addressing common & providing strategies



## Deep Effective Learning

Guidance on achieving efficient core skills



## Tools & Advises for Learning

Introducing tools, resources, & practical advice to enhance the learning process



# Modes of Thinking



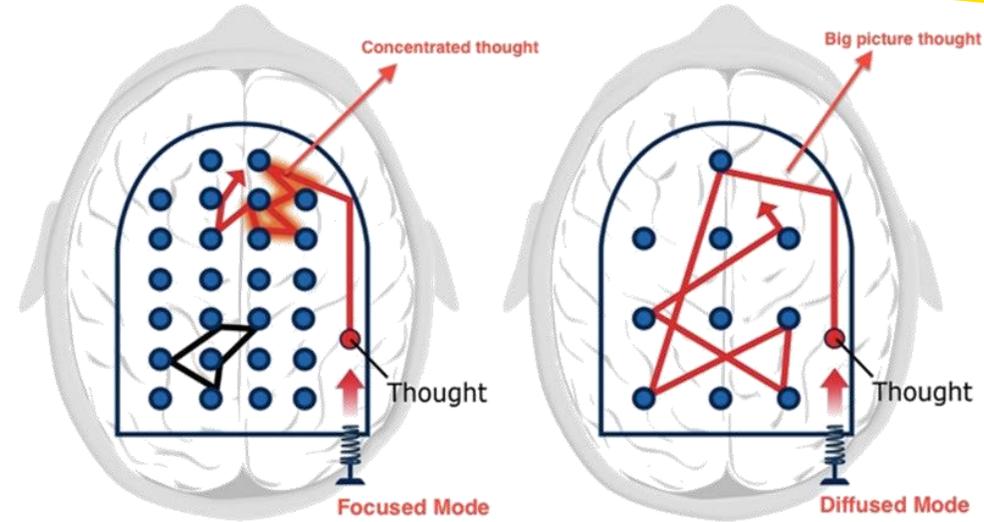
## Focused Mode

- Narrow & Targeted
- Methodical
- Concentrated
- Useful for Deep Work

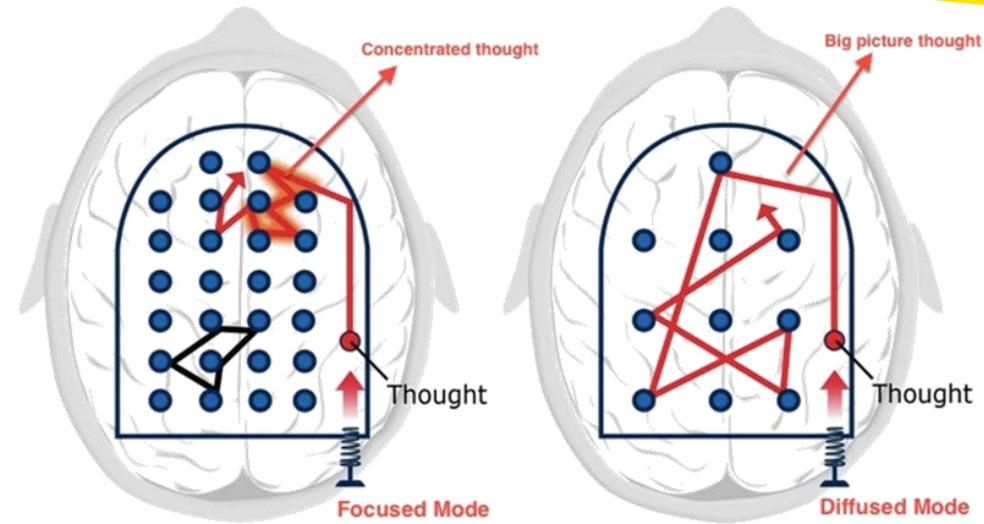
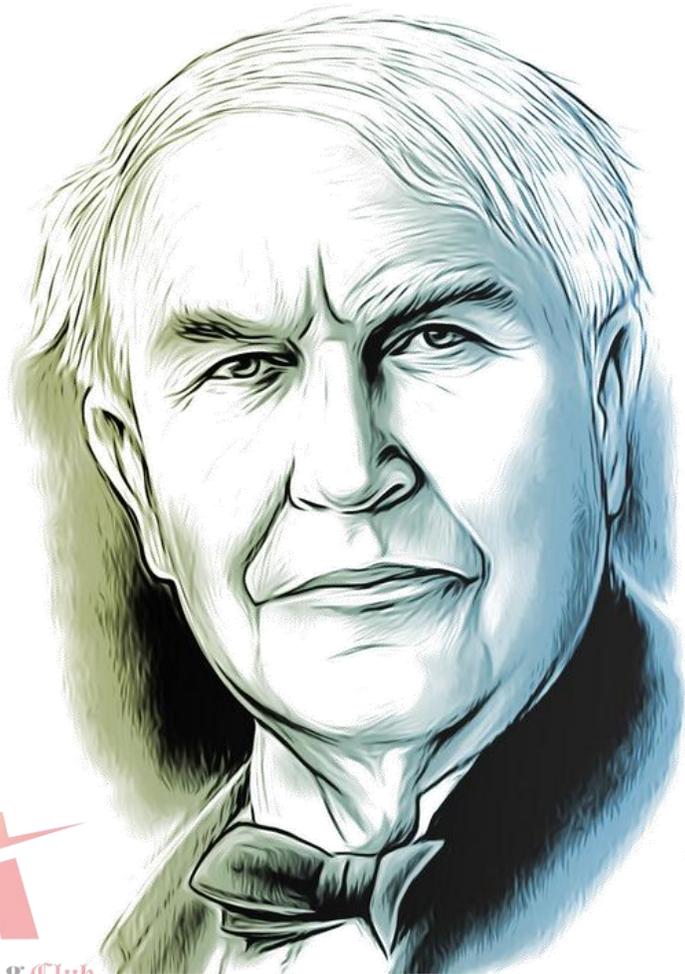


## Diffuse Mode

- Broad & Conceptual
- Tactical
- Creative
- Discover Connection



# Modes of Thinking



# Test Your Knowledge

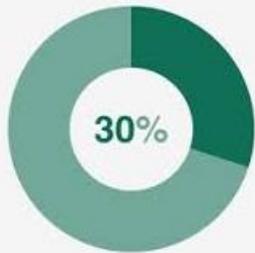


## The Brain Uses .... Of Its' Capabilities.

A



B



C



D



# Our Brains During Sleep



# Our Brains During Sleep

## NEWS RELEASES

Thursday, October 17, 2013

### Brain may flush out toxins during sleep

*NIH-funded study suggests sleep clears brain of damaging molecules associated with neurodegeneration.*



Scientists watched dye flow through the brain of a sleeping mouse. Nedergaard Lab, University of Rochester Medical Center.

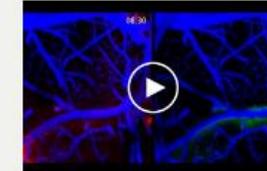
#### Institute/Center

National Institute of Neurological Disorders and Stroke (NINDS)

#### Contact

Christopher Thomas  
301-496-5751

#### Multimedia



Brain Opens Up The Pipes During Sleep: Scientists watched dye flow through the glymphatic system, a brain "plumbing" system, of a mouse when it was asleep (left) and then, later, when it was awake (right). More dye flowed into the brain during sleep. Results from this study suggest the brain may flush out toxic molecules associated with neurodegenerative disorders during sleep.

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# Memory Types & Secrets



Acquire information through senses

**Sensory Memory**

1



Holds information for short time

**Working Memory**

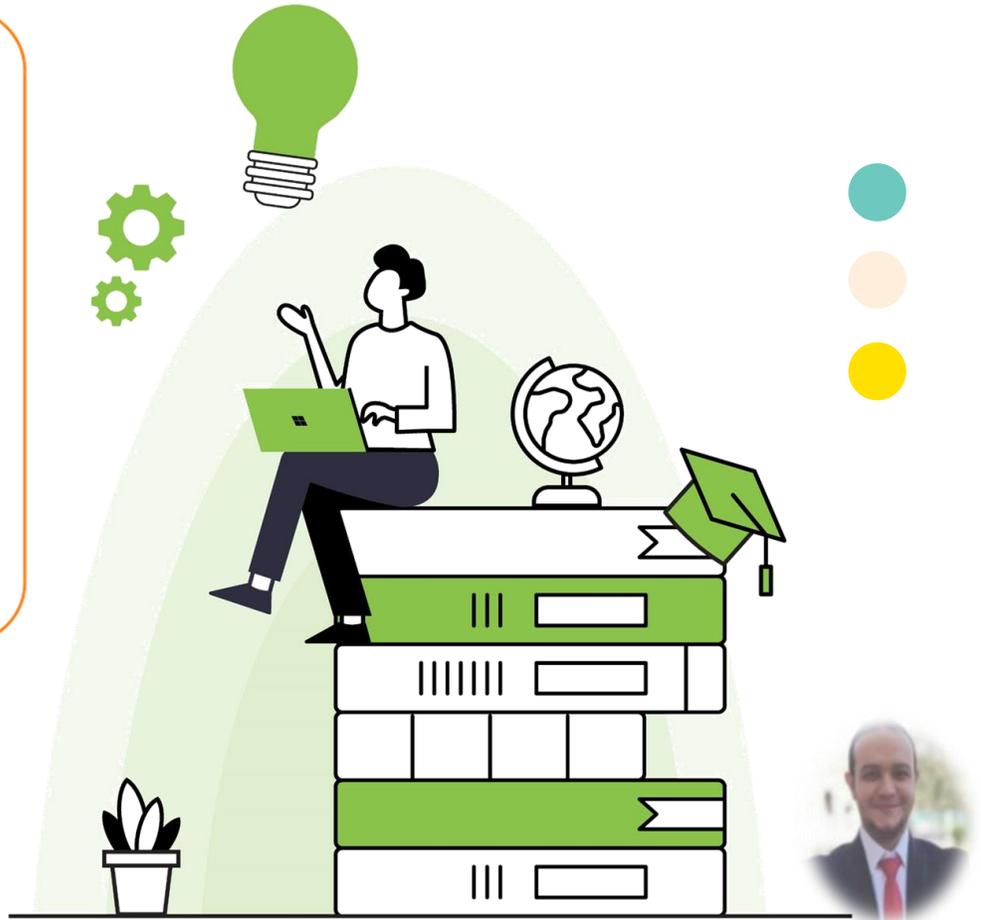
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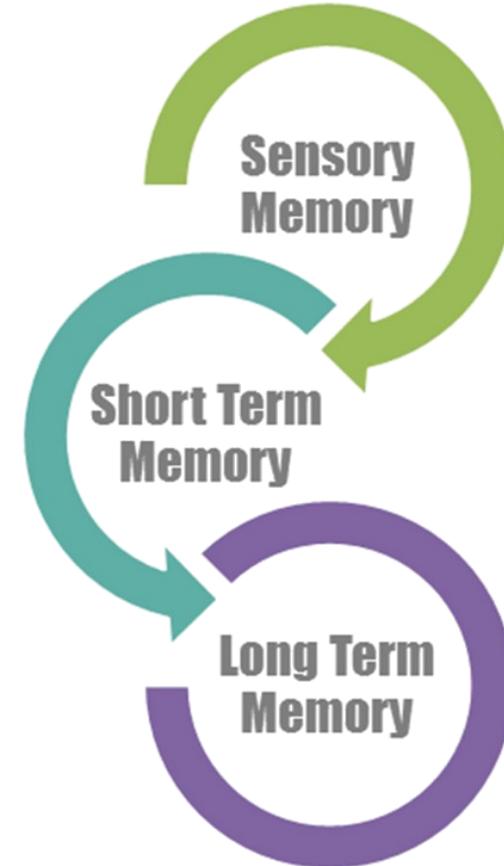
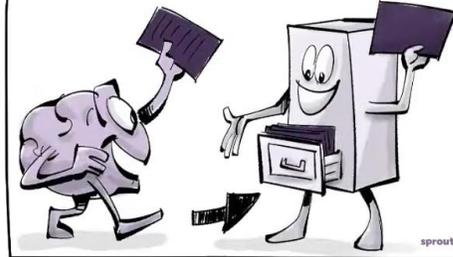
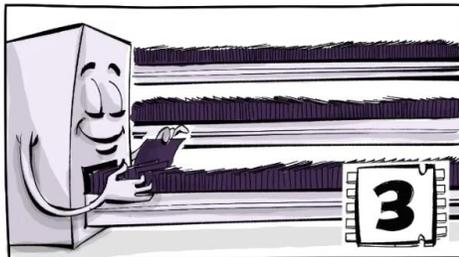
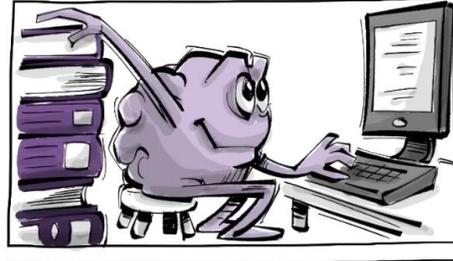
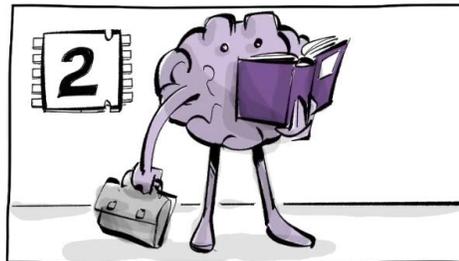
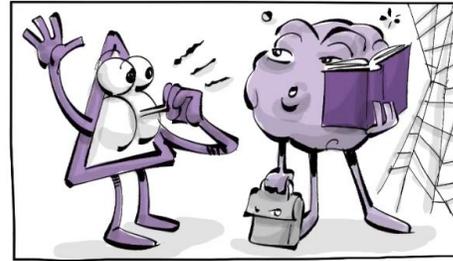
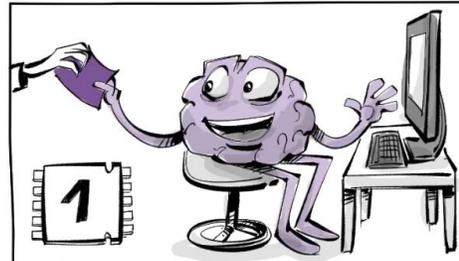
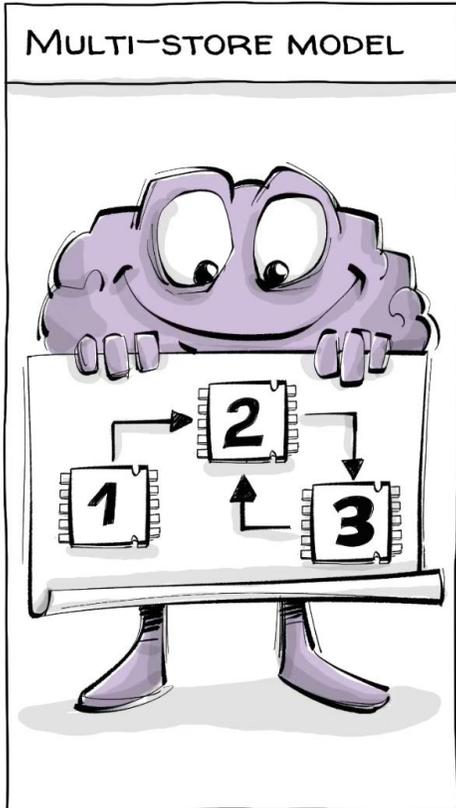
Massive Storage for long time

**Long-term Memory**

3



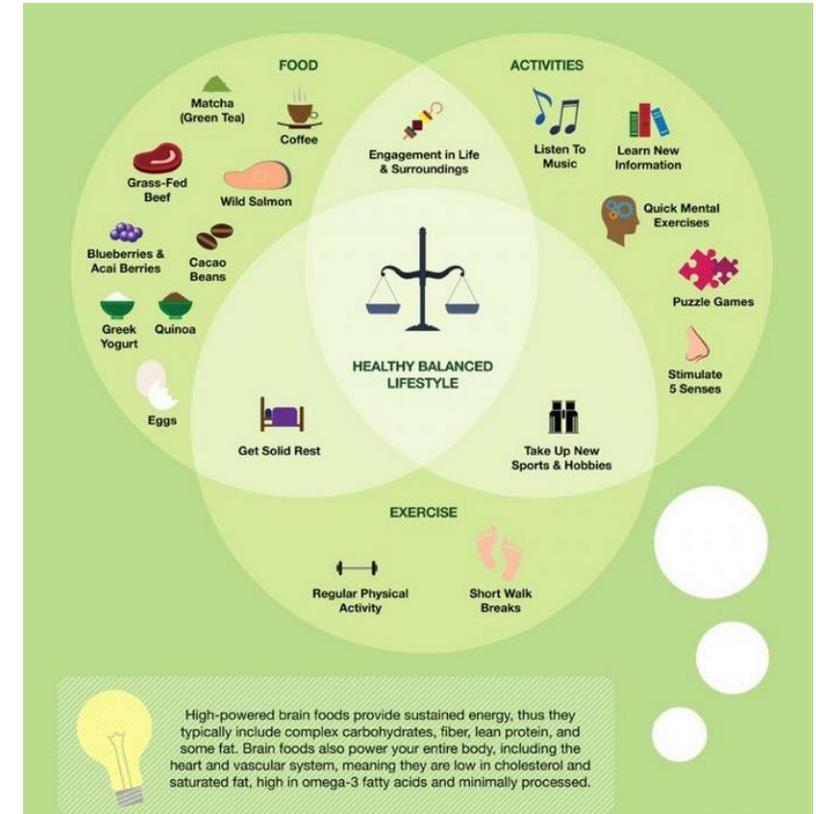
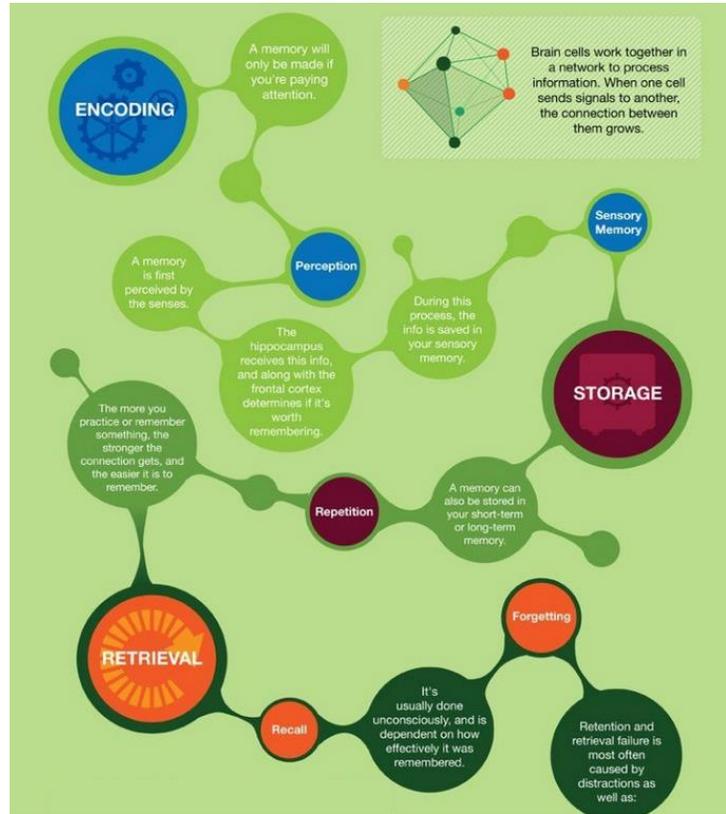
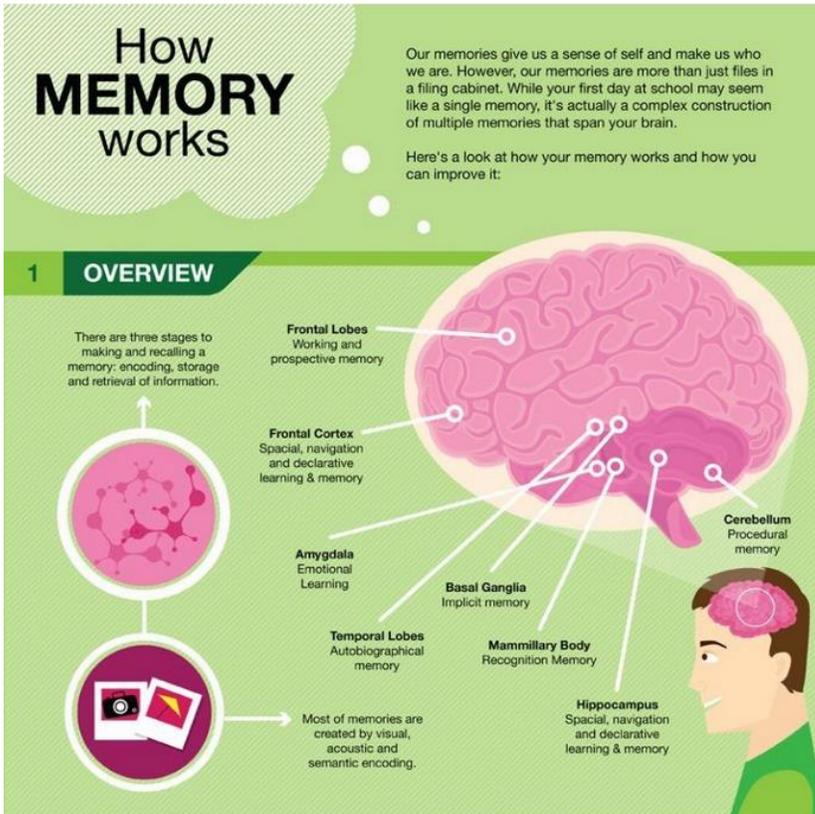
# Memory Types & Secrets



## 3 Types of Working Memory



# Memory Types & Secrets



# Test Your Knowledge



## The Memory Capacity Could Save Around 2.5 ...

A

**BETA  
BYTE**

B

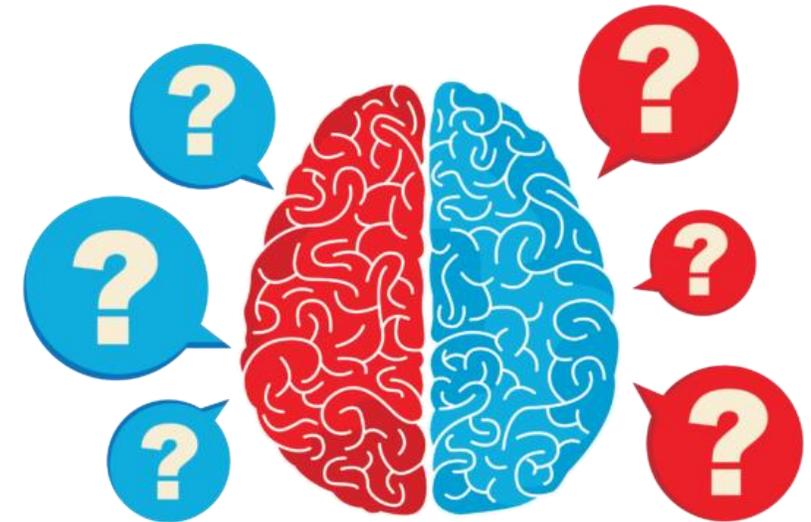
**GIGA  
BYTE**

C

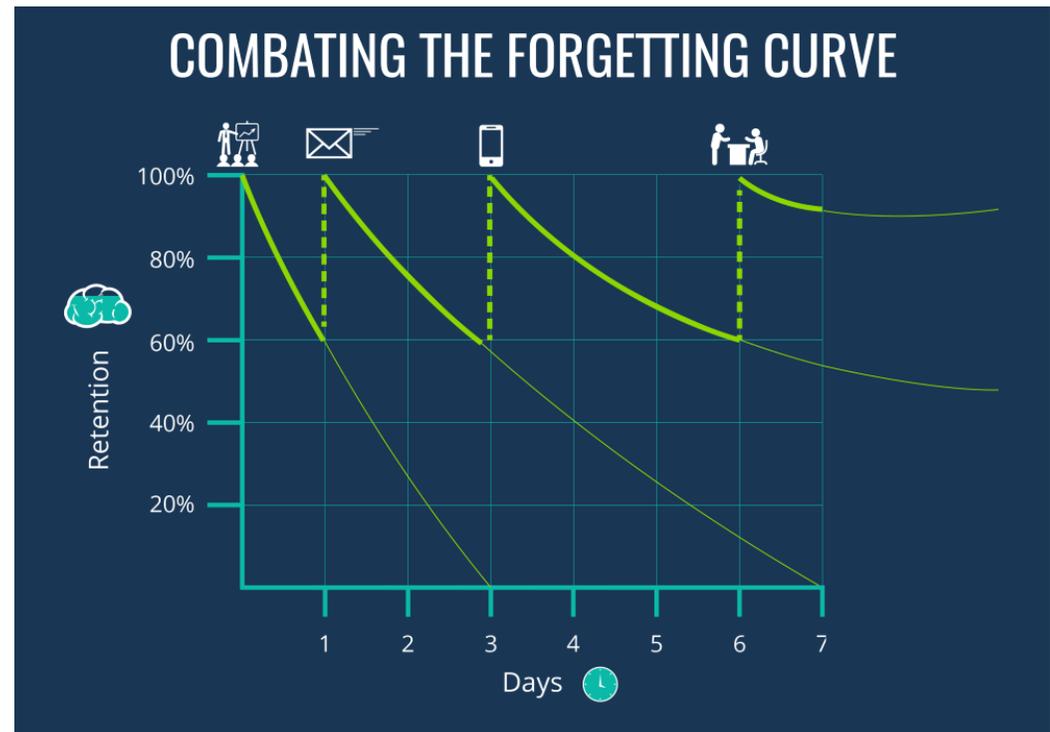
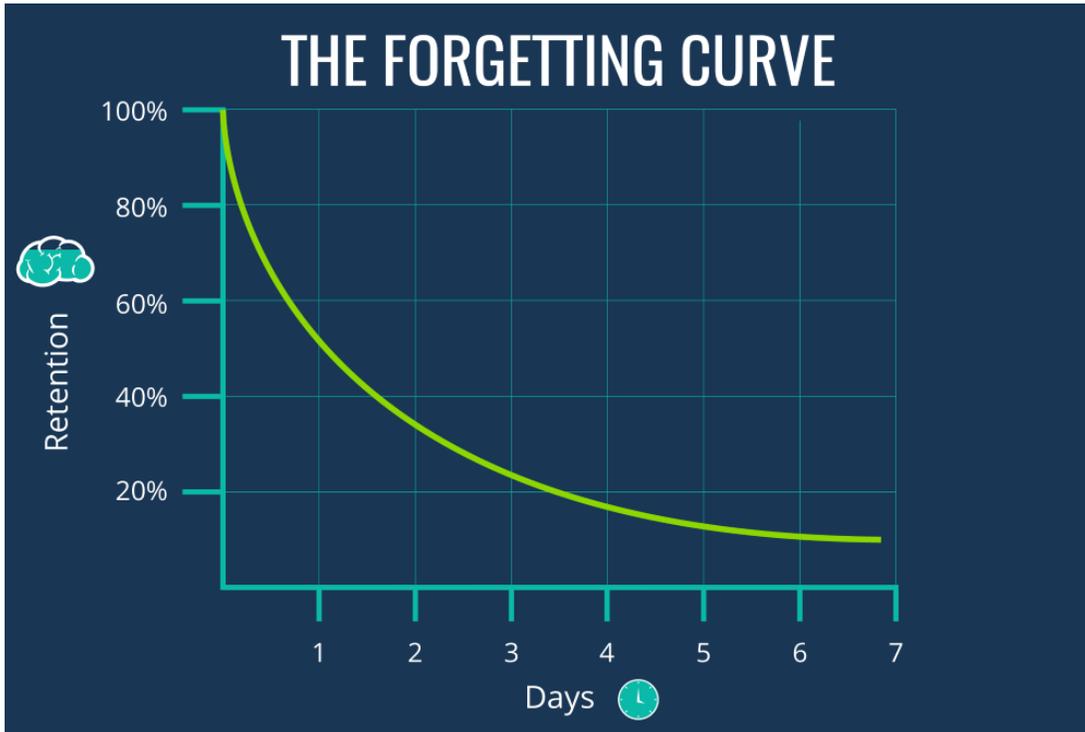
**TERA  
BYTE**

D

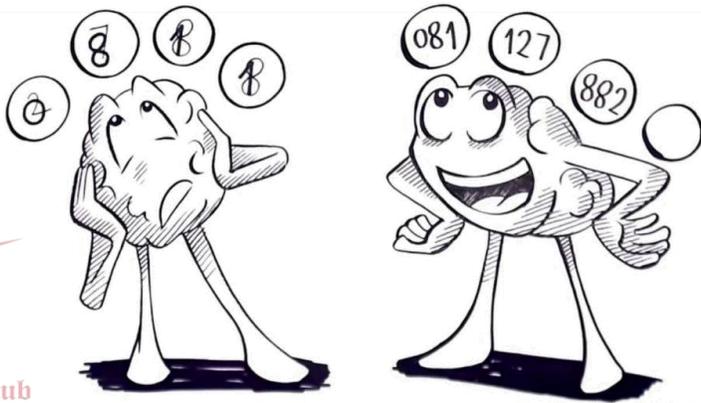
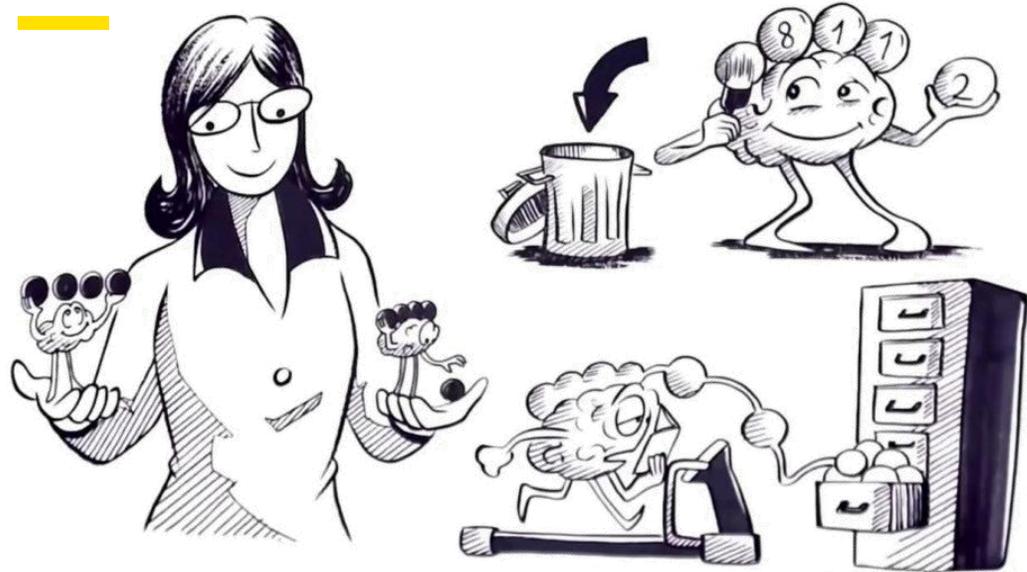
**MEGA  
BYTE**



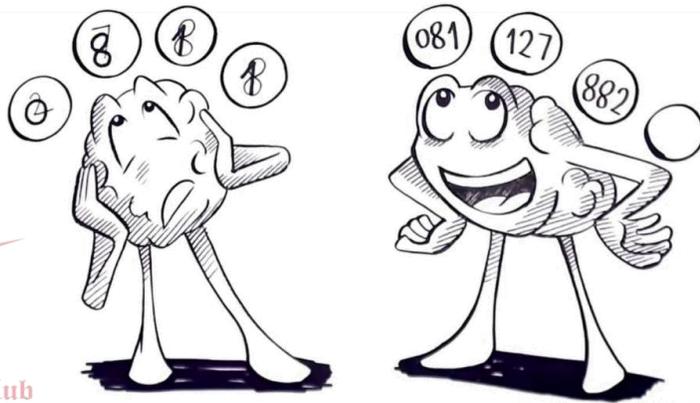
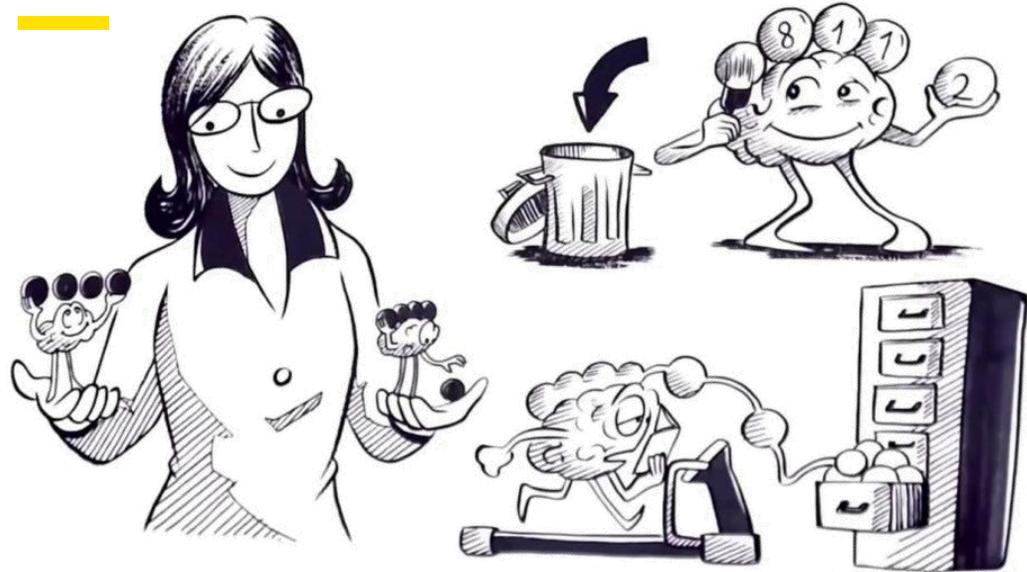
# The Forgetting Curve Explained



# Chunking For Retention



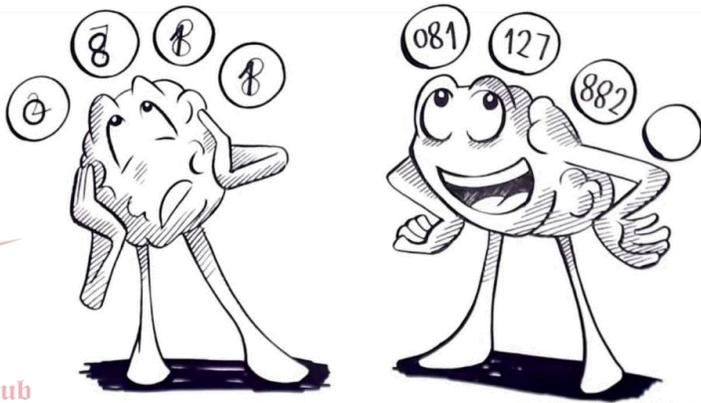
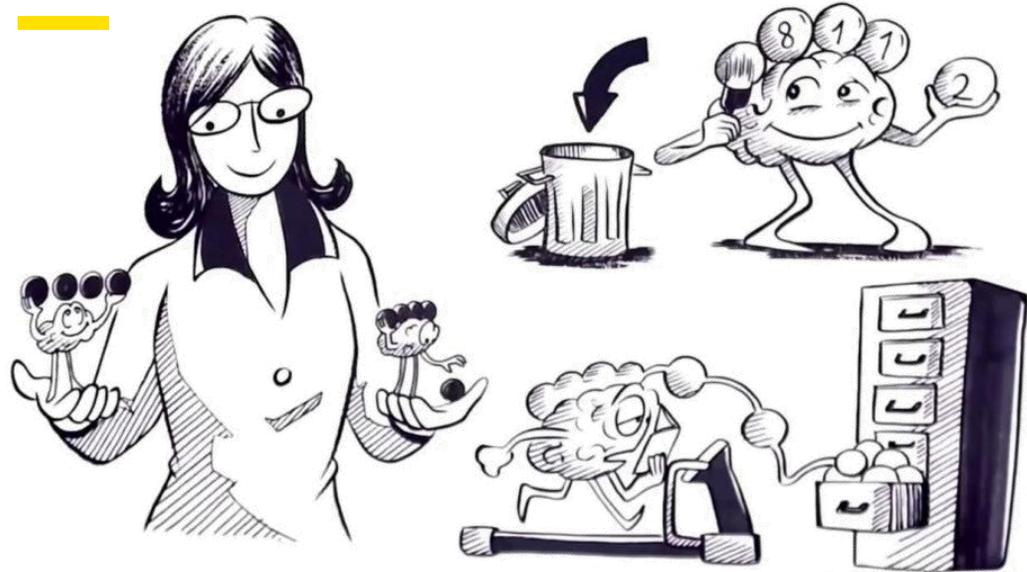
# Chunking For Retention



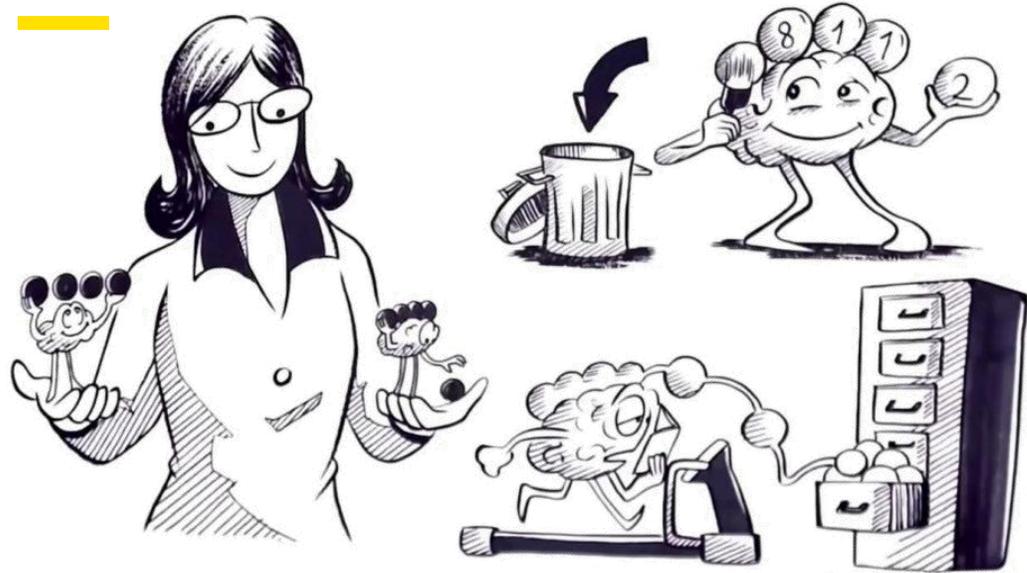
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# Chunking For Retention

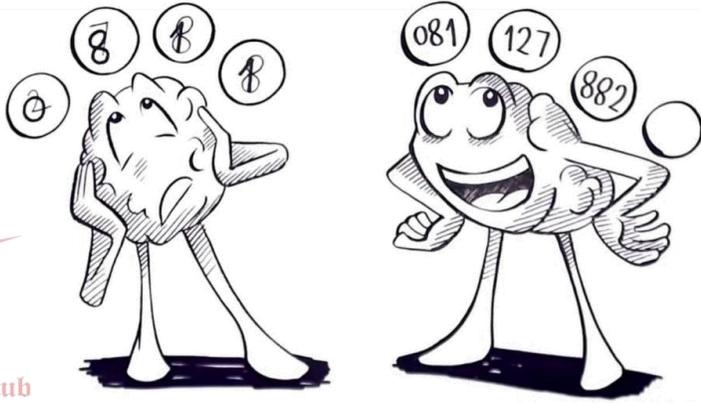


# Chunking For Retention



CHUNKING

0911 365 247 100



# Acronyms & Mnemonics



S



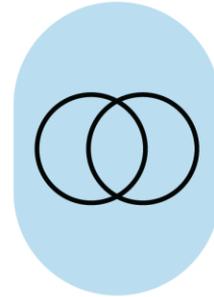
M



A



R



T



# Acronyms & Mnemonics



S



**SPECIFIC**

Make your goals specific and narrow for more effective planning.

M



**MEASURABLE**

Define what evidence will prove you're making progress and reevaluate when necessary.

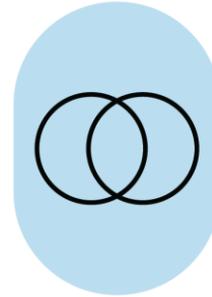
A



**ATTAINABLE**

Make sure you can reasonably accomplish your goal within a certain time frame.

R



**RELEVANT**

Your goals should align with your values and long-term objectives.

T



**TIME-BASED**

Set a realistic ambitious end-date for task prioritisation and motivation.

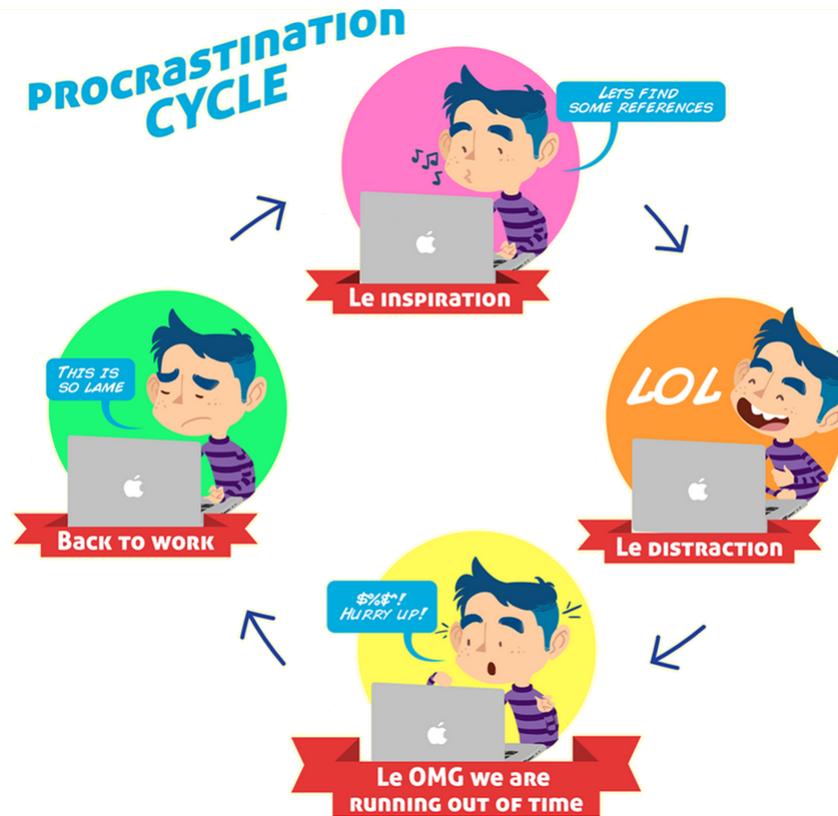
## Setting Goals



# Viscous Cycle of Procrastination

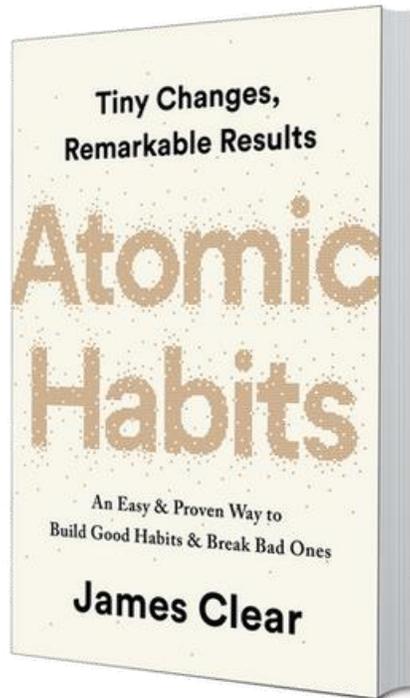
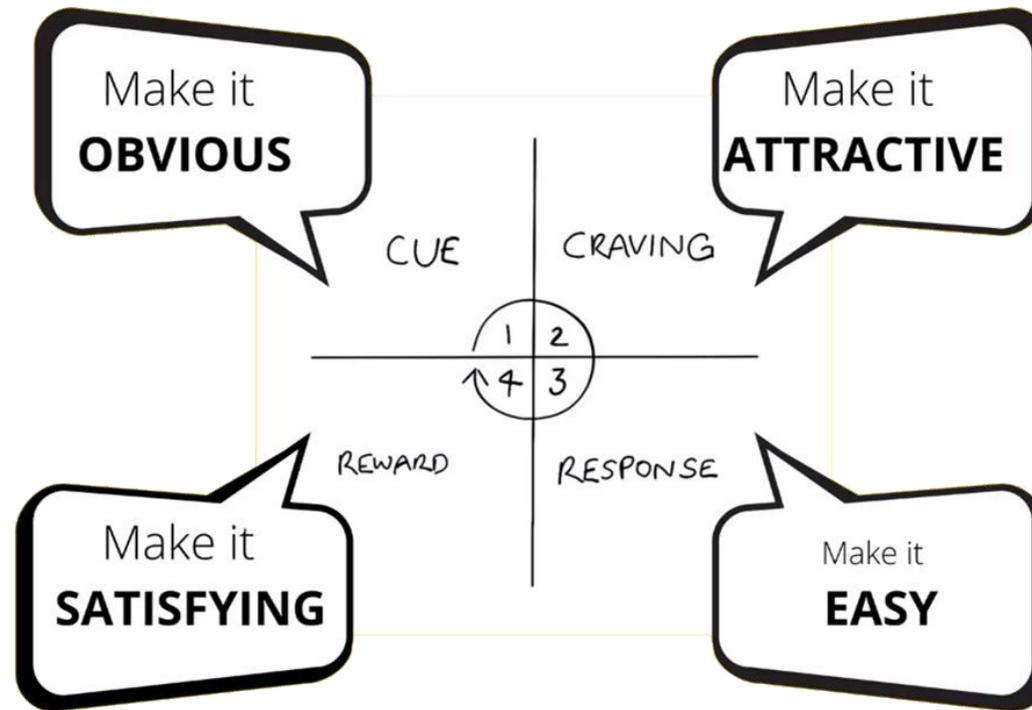


# Viscous Cycle of Procrastination



# Procrastination As a Habit

## The Habit Loop



# Spaced Learning Method for Effectiveness

## THE POMODORO TECHNIQUE



1  
Decide on the  
Task That  
You Need to  
Do



2  
Set the  
Timer to 25  
Minutes



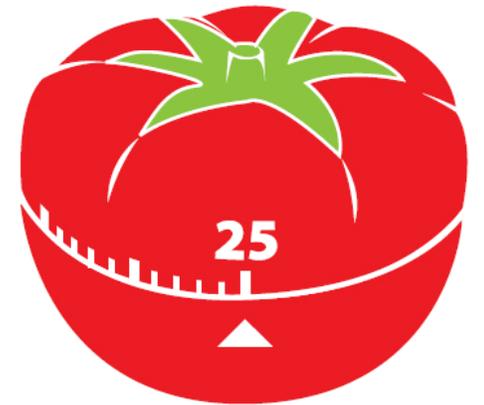
3  
Work on the  
Task Until the  
Timer Rings



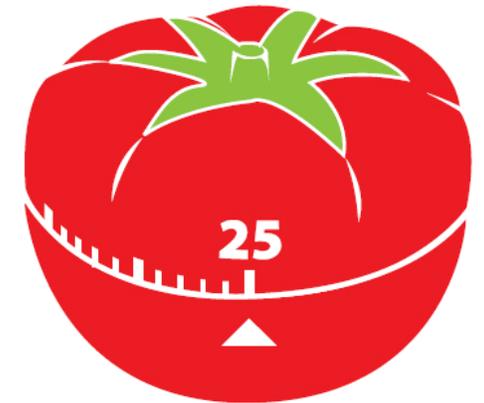
4  
Take a Short  
5 Minute  
Break



5  
After 4  
Cycles Take a  
15-30 Minute  
Break



# Spaced Learning Method for Effectiveness



# Hyper-Focus Attention Management

## Hyper focus

How to Work Less  
and Achieve More

Chris Bailey



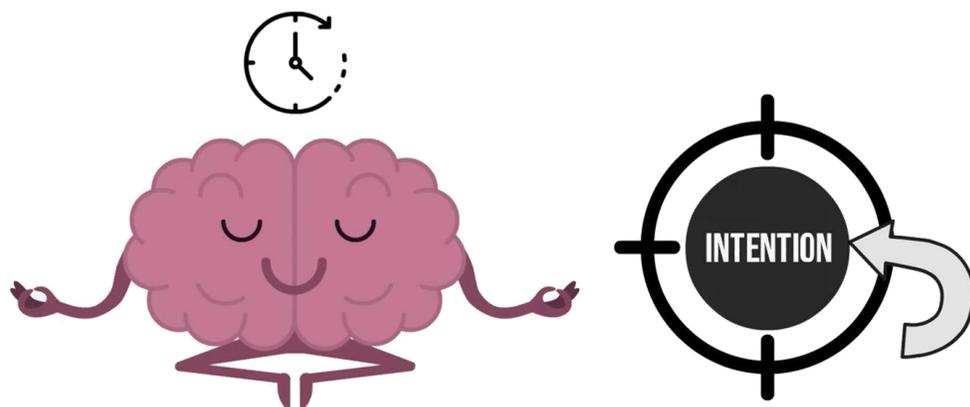
### FOUR QUADRANTS OF ATTENTION MANAGEMENT FOR PRODUCTIVITY



# Hyper-Focus Attention Management



Every 40 seconds...



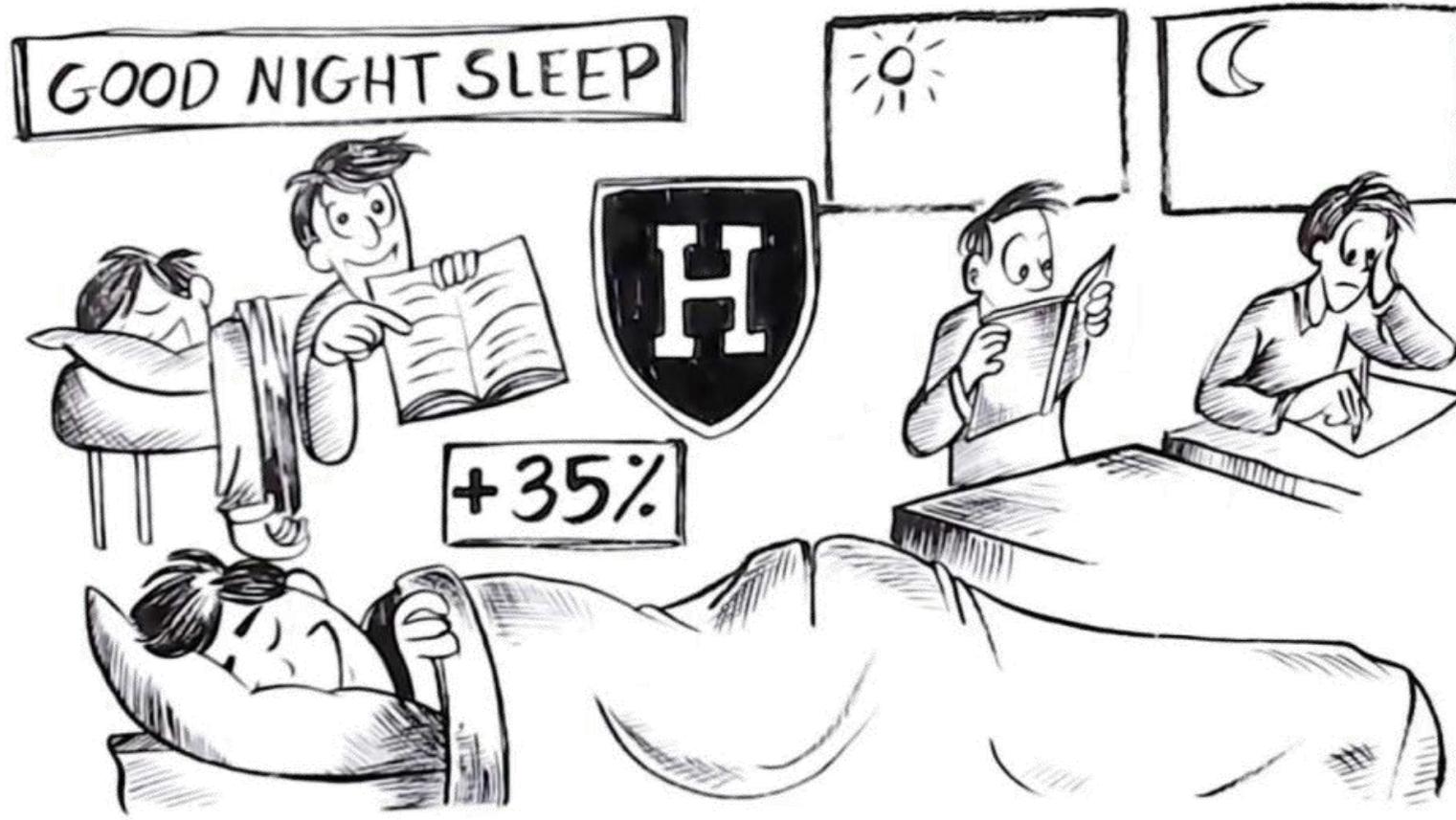
# Scientific Tools & Techniques for Learning



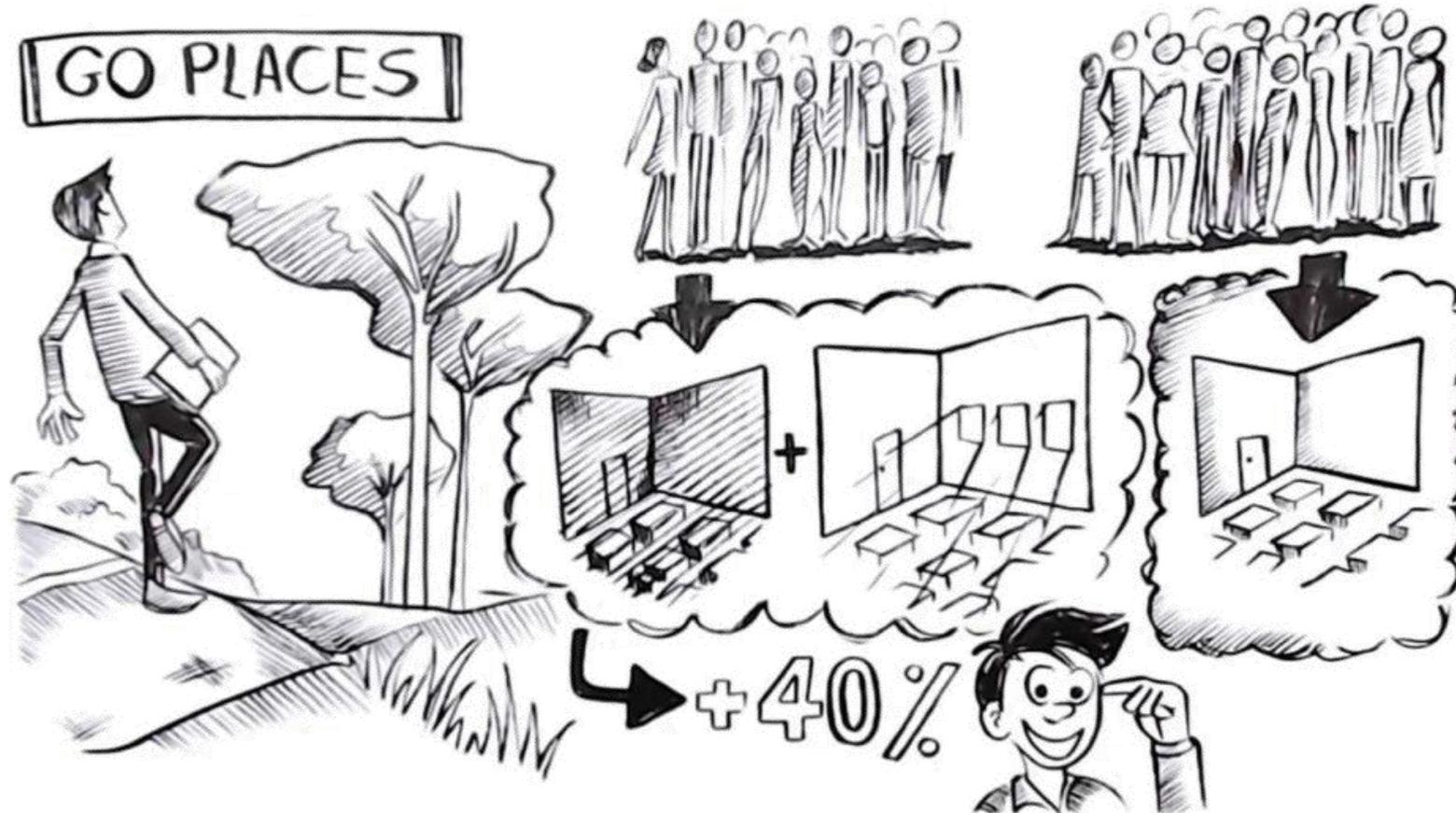
# Scientific Tools & Techniques for Learning



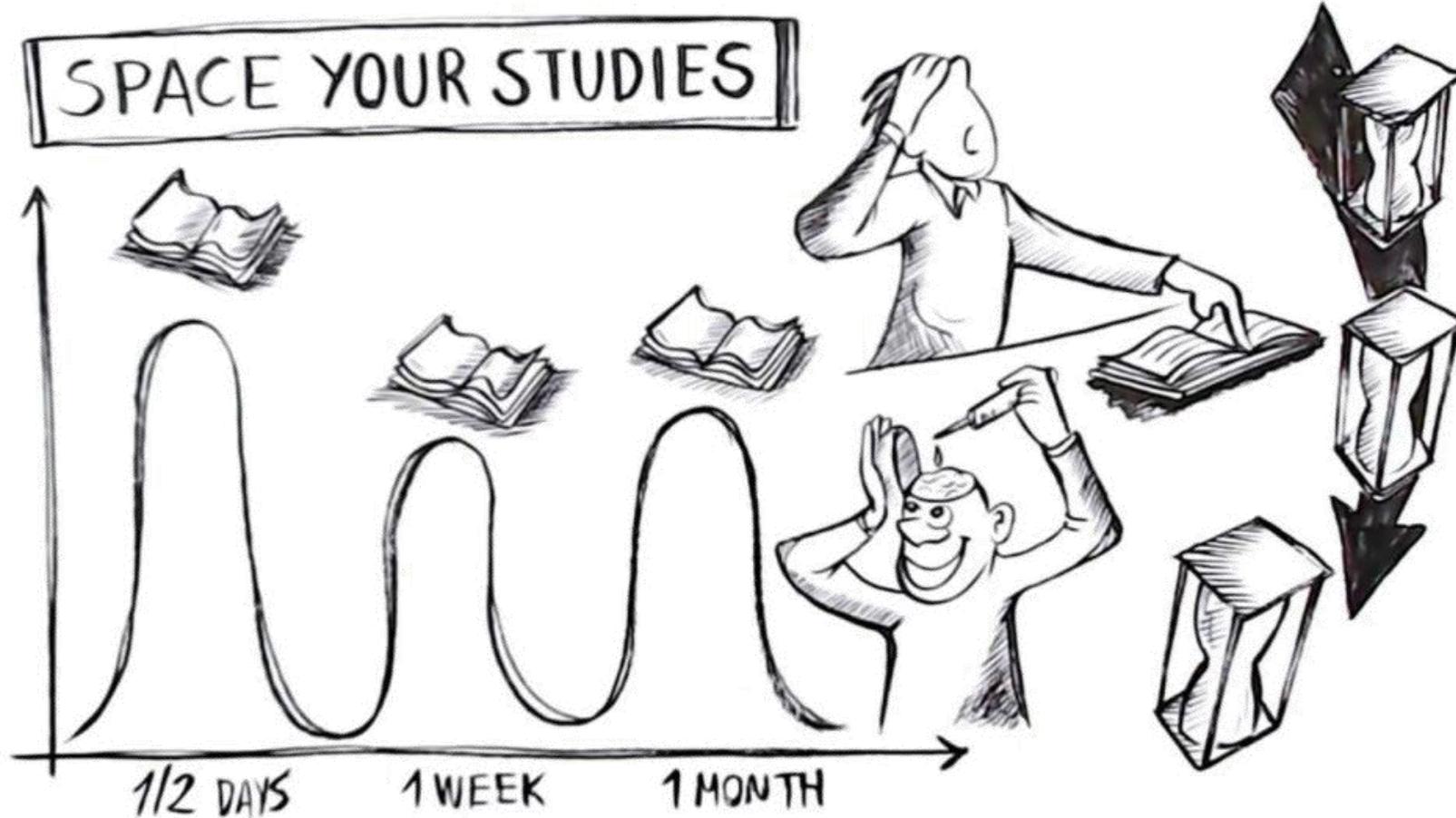
# Scientific Tools & Techniques for Learning



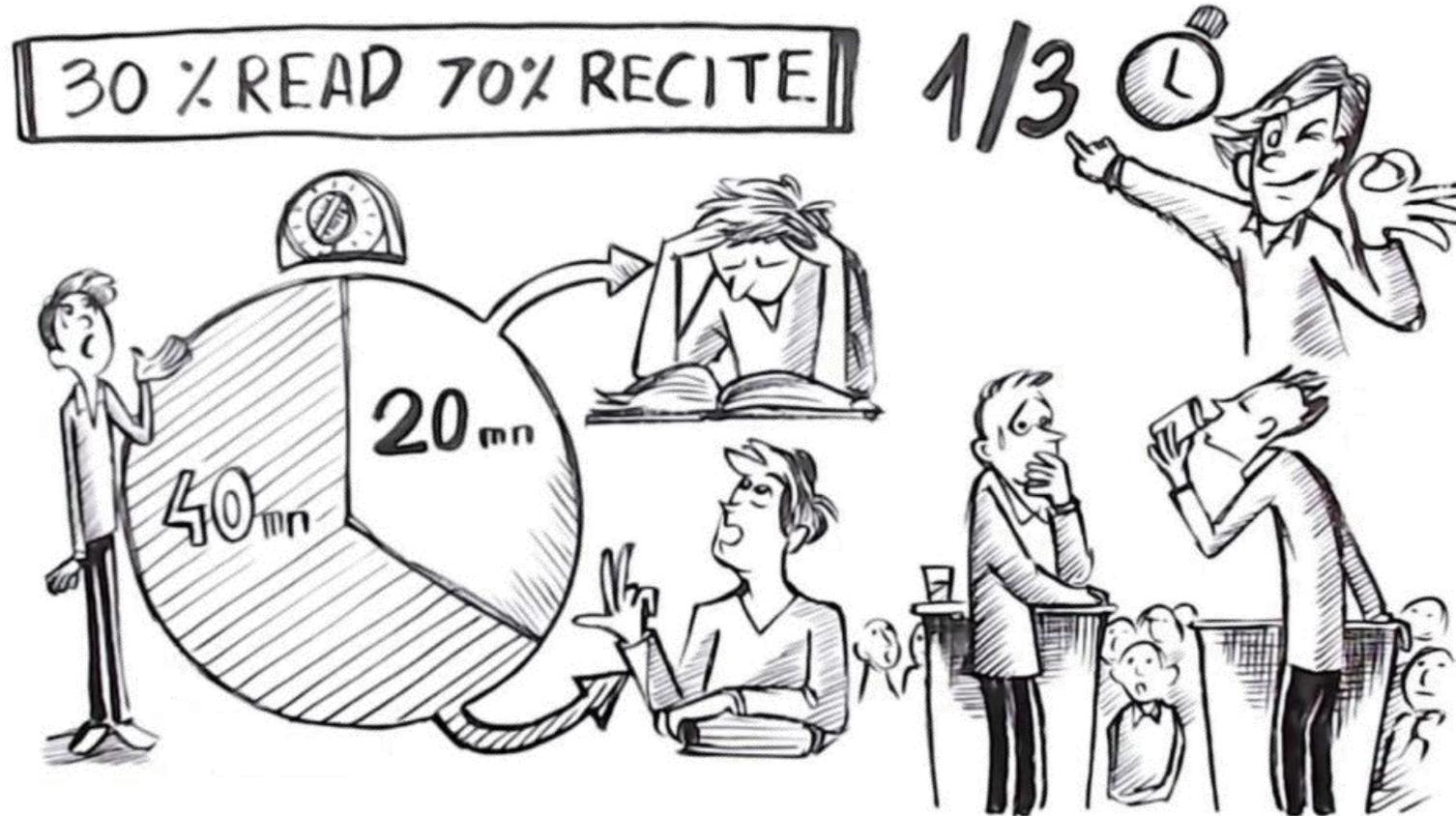
# Scientific Tools & Techniques for Learning



# Scientific Tools & Techniques for Learning



# Scientific Tools & Techniques for Learning



# Scientific Tools & Techniques for Learning



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